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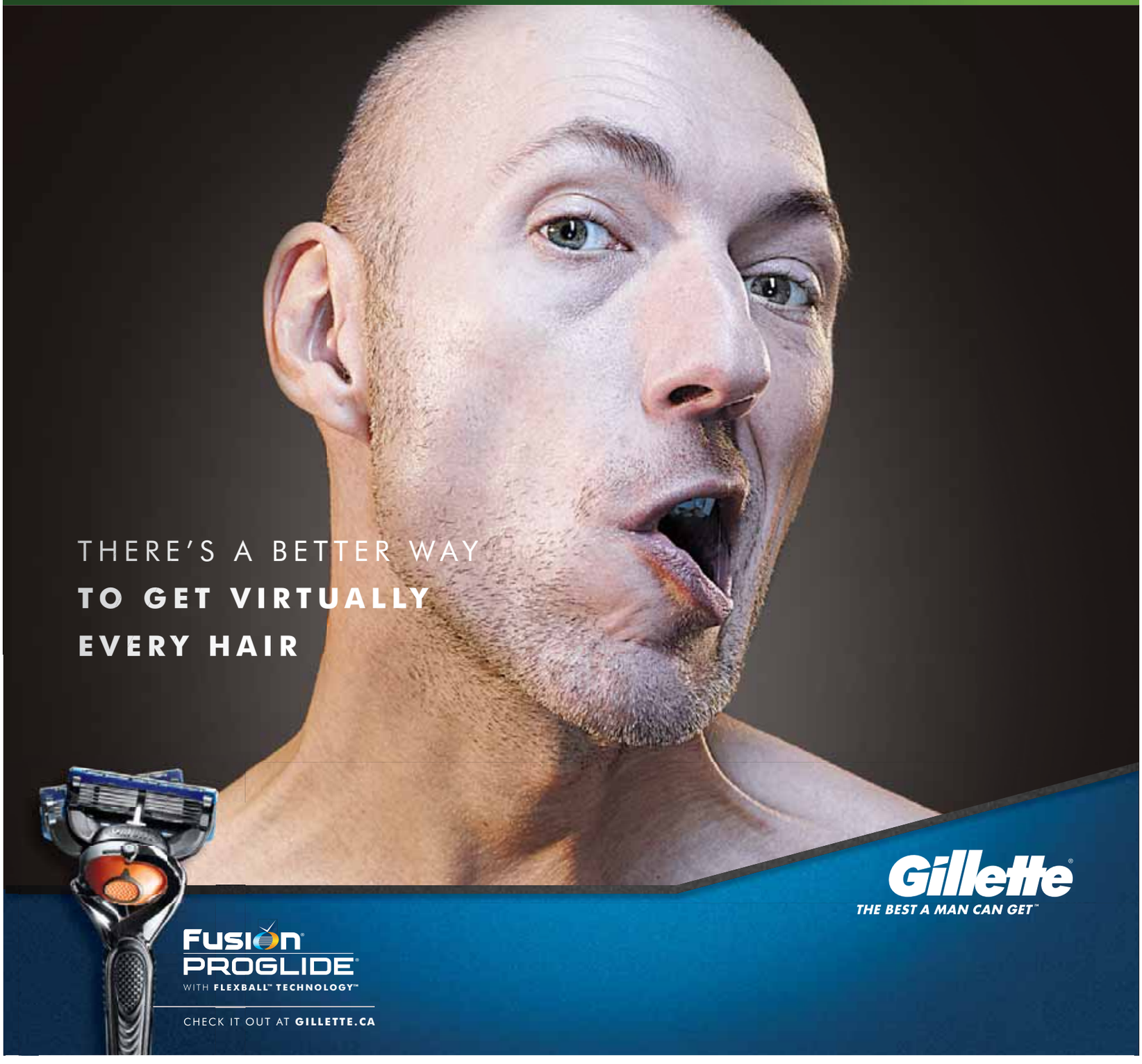

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Sectarian strife intensifies in Iraq

Shiite fighters prepare to take up arms against Sunni militants as a series of deadly explosions rock Baghdad

PAGE 8

Double trouble for twin singers

Dream-pop duo Say Lou Lou talk to Metro about getting wobbly from whiskey and which twin is the evil twin

PAGE 15

SPURS DETHRONE HEAT

SAN ANTONIO CLAIMS FIFTH NBA TITLE PAGE 24

Deal or no deal?

Labour. BCTF, province silent over weekend bargaining session

With a looming deadline to reach a settlement before Tuesday to avoid a full-scale strike, both the BC Teachers' Federation and the provincial government were tight-lipped to Metro on Sunday about their ongoing negotiations over the weekend.

The BCTF put forward a new contract proposal on Friday, which is said to include lowered wage demands and other unannounced concessions.

Education Minister Peter Fassbender and Premier Christy Clark were aiming to reach a before the end of the weekend and were optimistic, but no one could guarantee that goal would be met.

"I don't want to get my hopes up too high, but I believe it is possible that we can get an agreement at the bargaining table — perhaps even by the end of the weekend," Clark told reporters Friday.

The union has been arguing for a wage hike of roughly 12 per cent over four years, while the employers' association has offered a 7.3 per cent hike over six years and a $1,200 signing bonus if a deal is reached before the end of June.

A full-scale strike is scheduled for Tuesday and schools will be closed on Monday for a so-called "study session."

BCTF president Jim Iker previously said a settlement could be reached by the end of the weekend if the province came back with new funding, an open mind and the flexibility to reach a fair settlement.

Negotiations have been ongoing for 16 months.

Bargaining continued throughout the day Sunday, but no deal had been announced before Metro's press deadline.

SAM SMITH/FOR METRO

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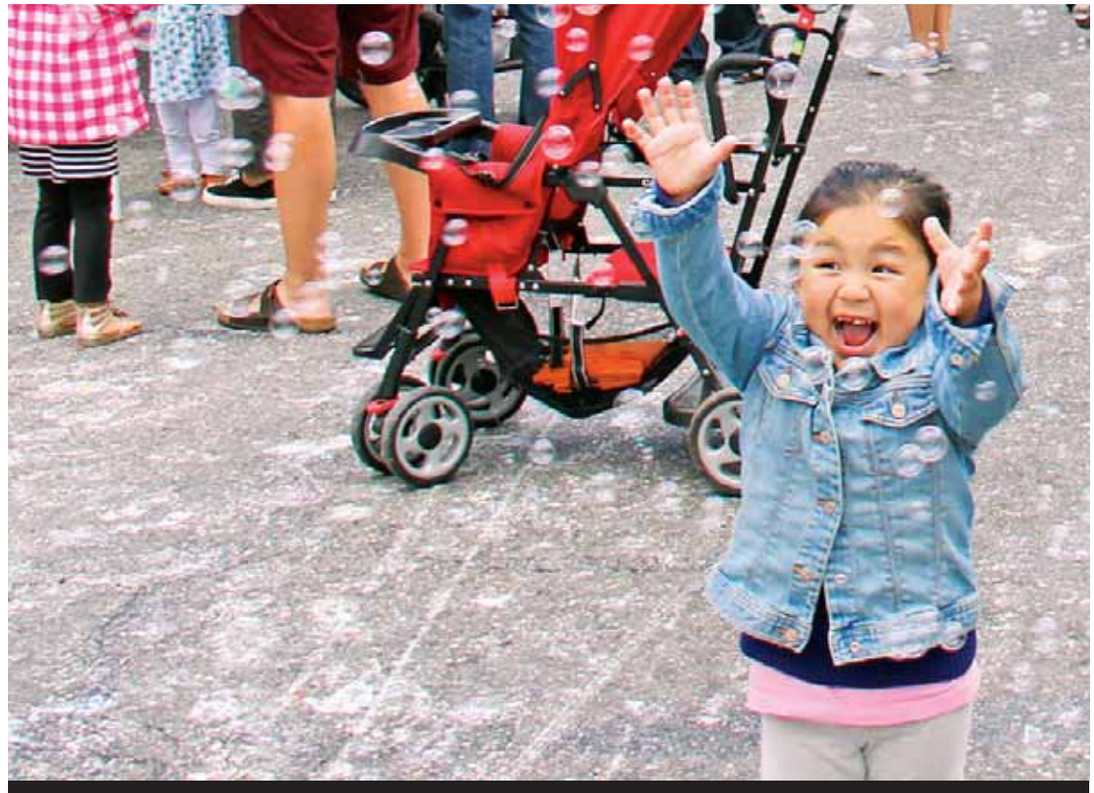

CARS CLEARED OUT FOR A DAY

A young girl enjoys the small things in life at the kids section of Car Free Day 2014 on Commercial Drive Sunday. The festival marked its 10th year and took place in many neighbourhoods across the city. Story, page 6. SAM SMITH/FOR METRO

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Seaspan

Tugboat strike averted, dispute to go to binding arbitration

The tugboat crews that guide oil tankers through Vancouver's harbours have promised not to go on strike after a dispute with their employer, Seaspan, over a new collective agreement.

Seaspan will go into binding arbitration with both the Canadian Merchant Service Guild and the International Longshore Warehouse Union Local 400, Seaspan's CEO announced Saturday.

Federal Minister of Labour Kellie Leitch travelled to Vancouver on Friday to encourage the parties to sign an agreement so as not to disrupt Port Metro Vancouver.

The federal government will appoint an arbitrator, with Seaspan agreeing to forgo the contract terms it had intended to implement earlier this month and both unions agreeing not to strike. EMILY JACKSON/METRO

Mission

RCMP arrest man over woman's shotgun wounds

Mission RCMP have arrested a man after finding a 69-year-old woman with shotgun wounds.

Officers responded to distress calls on Saturday evening and found the woman on a driveway. She is expected to recover.

Police say the woman identified the shooter as her 70-year-old husband of 50 years. THE CANADIAN PRESS

The Douglas Channel, the proposed termination point for an oil pipeline in the Enbridge Northern Gateway Project. DARRYL DYCK/THE CANADIAN PRESS FILE

Pipeline foes ready to try to force vote

Northern Gateway. Members of Dogwood Initiative not confident B.C. politicians will stay opposed to the project

Resigned, perhaps, that the federal government will inevitably approve the Northern Gateway pipeline, detractors are formulating a plan to make sure British Columbia's politicians remain opposed to the project.

For months now, members of the Dogwood Initiative have been preparing for a provincial referendum akin to the vote that forced the Liberal government to repeal the harmonized sales tax in British Columbia.

Should Ottawa give the pipeline the go-ahead by this Tuesday's deadline and the province issue the necessary permits and authorizations, spokesman Kai Nagata said his group will be ready.

"In a perfect world, politicians would do what they say they're going to do and the province of British Columbia's clear rejection of Northern Gateway would stand," Nagata said.

"But life doesn't always work that way. So the initiative build is a strategy to basically hold our provincial politicians to their word."

The B.C. government officially declared its opposition to Northern Gateway and told the federal panel reviewing the project that it shouldn't go ahead as planned.

When Premier Christy Clark pressed for a greater share of government revenues for the project, she said repeatedly that while the final decision is in the federal purview there are about 60 permits the province will have to issue for construction to begin.

"So the province could hold construction in limbo indefinitely," Nagata said.

Bill Tieleman, one of the founders of the Fight HST campaign, wishes the Dogwood organizers luck but said he's not optimistic about their odds of success.

"It's extraordinarily difficult," he said.

THE CANADIAN PRESS

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Police watchdog clears officers of criminality

Shooting death of a veteran. Greg Matters was shot in the back, expert says, contrary to what the report said

British Columbia's police watchdog has cleared officers of criminal wrongdoing in the shooting death of a retired soldier in northern B.C. after reviewing evidence presented in a coroners inquest.

The Independent Investigations Office conducted a supplemental review after a pathologist testified Greg Matters was shot in the back, contrary to what the agency said in a report.

But several civil liberties organizations said a person independent of the agency should conduct a review of the case because of the discrepancy.

The agency responded in the review by saying the difference between the pathologist's testimony and the agency's report was caused by unclear language.

The initial report used the word "chest" when referring to the area where Matters was shot, Richard Rosenthal of the agency wrote.

The use of the word incorrectly gave the impression Matters was facing the officer when he was shot, he said.

"I deeply regret the confusion this caused, and will strive to use clearer language in future reports," Rosenthal wrote in the review.

He said it's unnecessary to call in another reviewer because there is no new evidence suggesting any of the officers involved in the shooting death of Matters may have committed a criminal offence.

The agency said it won't refer the case to Crown counsel. THE CANADIAN PRESS

U.S. supercarrier getting attention in Victoria

Launched May 13, 1972, the USS Nimitz, a 23-storey tall, 1,115-foot nuclear-powered aircraft supercarrier of the United States Navy holds a crew of nearly 3,000 men and women. The vessel is seen Saturday, anchored in the Juan de Fuca Strait near Victoria, B.C. CHAD HIPOLITO/THE CANADIAN PRESS

Murder of two women

B.C. killer sentenced to life

A 26-year-old Vancouver Island man has been sentenced to life in prison with no chance of parole for 20 years, for murdering two women. William Elliott received the prison term in a Duncan, B.C., courtroom, after pleading guilty last year to second-degree murder in the deaths of 42-year old Karrie-Ann Stone and 18-year old Tyeshia Jones. THE CANADIAN PRESS

Abbotsford police

Officer charged with fraud

A 20-year member of the Abbotsford Police Department has been charged with fraud and obstructing justice. Const. Rob Thandi is accused of using his extended health benefits fraudulently and of attempting to interfere with investigations into the matter. Thandi was suspended with pay on May 23. THE CANADIAN PRESS

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Sophia Woo and Ken Denike. SCREENGRAB/TWITTER

NPA party. Two trustees bumped from caucus for anti-LGBTQ remarks

A Vancouver political party expelled two school board trustees from its caucus after they made comments that suggested a new policy to make schools more inclusive for transgender students would hurt real estate prices.

The Non-Partisan Association (NPA) kicked out trustees Ken Denike and Sophia Woo on Friday after the pair held a news conference, unsanctioned by the party, at which they said realtors were concerned the new policy would spark a decline in enrolment of international students and those from the rich west side of the city.

The policy, among other interventions to try to make schools safer, would allow transgender students to use washrooms that match their self-defined gender identity.

NPA caucus chair and councillor Elizabeth Ball said in an interview Sunday that Denike and Woo do not have the same level or understanding or sensitivity towards the LGBTQ community as other NPA elected officials.

But ultimately, the trustees were kicked out because they consistently operated outside caucus rules.

"Unfortunately they've chosen on a number of occasions to go their own way, none of which were given sanction by the NPA," Ball said. "There comes a point where you can't work any longer under those circumstances."

The NPA works hard for the LGBTQ community and for human rights, Ball said. While getting kicked out of the caucus doesn't mean the trustees have been kicked out of the party, Ball said it is possible the trustees will be running as independent candidates in the November election.

EMILY JACKSON/METRO

Richmond

Car crash leaves 1 person dead, 2 others injured

One person was killed and two were taken to hospital, after two vehicles smashed into each other in Richmond on Sunday.

The cars crashed at Steveston Highway and Rosewood Gate near No. 3 Road around 12:30 p.m., according to Richmond RCMP Cpl. Stephanie Ashton. The front end of a silver two-door car was completely destroyed in the collision.

Police closed the area in order to investigate the cause of the crash. Any witnesses are asked to contact the Richmond RCMP. EMILY JACKSON/METRO

Lost Lagoon

Man charged in Stanley Park sex assault

Police have arrested and charged a man for the sexual assault of a woman who was jogging in Stanley Park.

The woman was running near Lost Lagoon on May 26 around 8:30 a.m. when she was attacked from behind, knocked down and groped. Her attacker fled when she fought back.

Clinton Bruce Brown, 37, from Burns Lake has been arrested and charged in the incident. Brown was held in custody over the weekend and is scheduled to appear in court on Monday. EMILY JACKSON/METRO

This zany crew is the Car Free Day marching band, who made their way down Commercial Drive on Sunday, June 15. SAM SMITH/FOR METRO

Car Free Day hits 10th anniversary

Four locations across the city. Fun for all at Commercial Drive, Main Street, Kitsilano, and the West End

SAM SMITH
vancouver@metronews.ca

Commercial Drive abounded with sword fighting, wrestling, roller disco, face painting and food on Sunday for the 10th anniversary of Car Free Day.

An estimated 60,000 people braved the rain throughout the day at one of four Car Free Day locations including Commercial Drive, Main Street, Kitsilano, and the West End.

Tanya Otero, lead co-ordinator of Car Free Day on Commercial Drive, was relieved to see a packed street Sunday afternoon.

"I was really worried earlier because of the rain, but since it let down people have finally started sneaking outside," she said.

Otero has been working at Car Free Day for four years and in that time she's seen the organization take big strides to reach the point it has today.

"We used to only be from 1st Avenue down to Venables (Street), but now we're all the way down to Grandview (Highway)," she said. "Our numbers are going up and we have so many events this year."

Roller disco, sword fighting demonstrations, the Elite Canadian Championship Wrestling matches, music at practically every intersection, parading drummers, healing gardens, and a large section of activities for kids made this year one of the biggest in history for the event.

Car Free Day began as a response to the government's Gateway Program, with the goal of reclaiming the streets in opposition to highway expansion and therefore expanded traffic.

Today, Otero believes those values still exist, although in a more general sense.

"It's about getting people out of their cars and bringing them together as a community," she said. "I think that's something worth celebrating."

Man challenges gov't to get citizenship back

It's been four years since Deepan Budlakoti lost his identity and had his passport revoked, but on Monday, June 16, he's challenging the government for his Canadian citizenship back.

Budlakoti is scheduled to appear before the Supreme Court of Canada in Ottawa at 9:30 a.m. eastern time. If he's successful, the government would be forced to recognize his citizenship and admit their actions violated the Canadian Charter of Rights and Freedoms.

A judgment could be rendered on Monday, but given his history with the government, Budlakoti doesn't know if it will go smoothly.

"It all depends on the judge," he said. "But if I do get my citizenship back, the first thing I want to do is go skydiving."

Budlakoti has a Canadian birth certificate and held a Canadian passport up until he was convicted and put into prison for three years in 2010 for selling a hunting rifle to an undercover police officer.

Since then he claims the federal government stripped him of his passport, stating it was issued in error, and then attempted to deport him to his parents' home country of India — a country he's never been to.

Budlakoti admits he has an extensive criminal record, including hundreds of breakins. The self-described "stupid, young fool" says that's all behind him now, adding that he shouldn't lose his citizenship for his past mistakes.

SAM SMITH/FOR METRO

Deepan Budlakoti. SAM SMITH/FOR METRO

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Iraqi Shiites mobilize in response to Sunni militant attacks, threats

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neighbourhoods or security forces.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's incidents could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

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Ukraine declares day of mourning after plane shot down by separatists

49 dead. President vows to punish those responsible, scolds country's security service

People gather during a rally in Independence Square in Kyiv, Ukraine, on Sunday. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for the Ukrainian forces — the deadliest single incident yet in their escalating battle against an armed insurgency that the government, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House, European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, an analyst at Standard Bank PLC. "I would expect the focus to return to sanctions next week."

Poroshenko spoke firmly to glum-faced security officials at a televised emergency meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect military aircraft.

Luhansk, a city near the border with Russia, is one of two eastern areas where separatists have seized government buildings and declared independence. Ukrainian forces still control the Luhansk airport.

THE ASSOCIATED PRESS

Casey Kasem

King of top 40 dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Casey Kasem THE ASSOCIATED PRESS

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los Angeles. The show continued in varying forms — and for varying syndicators — until his retirement in 2009. In his sign off, he would tell listeners: "And don't forget: Keep your feet on the ground and keep reaching for the stars."

Kasem's legacy reached well beyond music. His voice was heard in TV cartoons such as Scooby-Doo (he was Shaggy) and in commercials.

THE ASSOCIATED PRESS

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Invest in Kids

Dear parents/guardians,
Like you, BC's teachers only want the best for your children, our students. You likely have seen or heard reports about current budget shortfalls facing many school districts across BC.

Four quick facts about funding cuts in education

1. BC students now receive **$1,000 less** than the national average, and we have the **worst** student-educator ratio in the country. BC students and families deserve better!

2. By ignoring the Constitution and the Supreme Court of BC (twice!) the BC Government continues to remove important protections for class size and minimum levels of specialist teachers. Have you noticed that librarians, counsellors, and other specialists have been cut back at schools?

3. BC is one of the richest provinces, yet the government won't even fund:
   - MSP & Hydro increases
   - Seismic upgrading
   - Carbon taxes on portables
   - Building more new schools
   - Contract increases
   - Simple inflation

4. BC has among the lowest corporate tax rates in Canada. If corporate taxes were brought up just to the national average, it would bring in **$2.4 billion/year** to fund our important services, like public education.

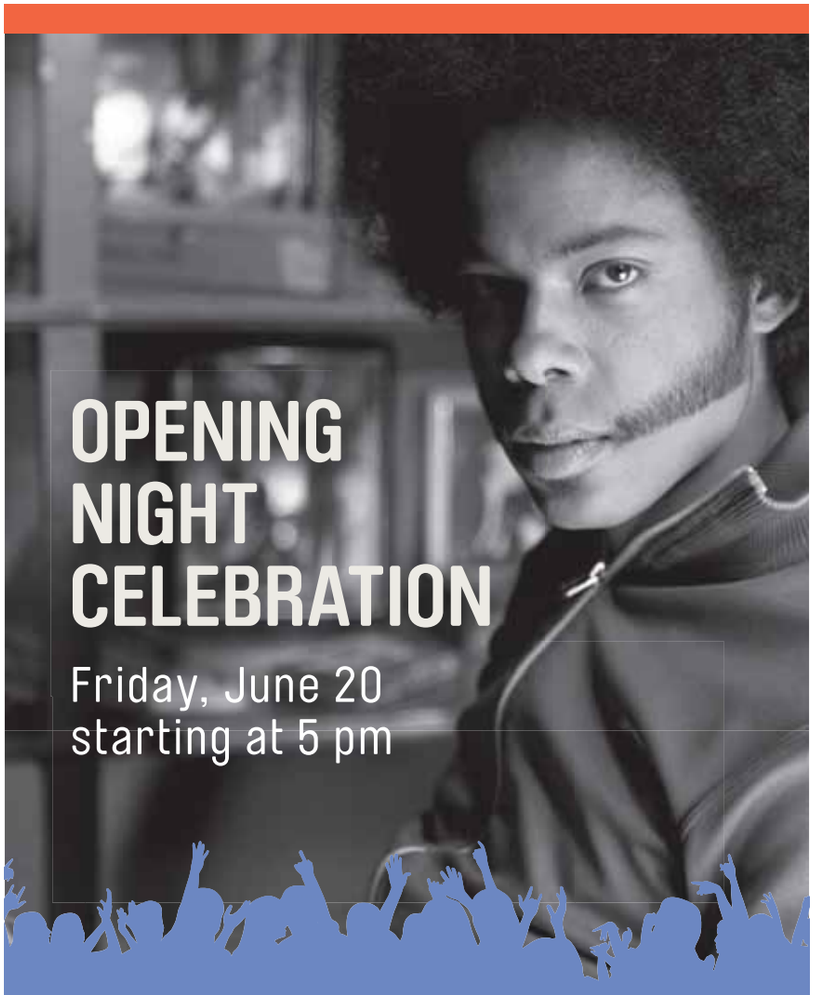
What can we do to help support public education?

- Visit **www.aFairDeal.ca** for information; you can also quickly and easily "have your say" in a preformatted letter to the Minister of Education and your MLA.
- Join the Facebook group called **"Education Rallies in BC"** to participate in rallies in our area.

A message from the Langley Teachers' Association

tml:uws2009:leu#35

End a Decade of CUTS to public education in BC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Journey from the streets to the law

University of Ottawa. A troubled life left her homeless at 16 — but eight years later, she's a law school graduate

TREVOR GREENWAY
Metro in Ottawa

Raphaëlle Ferland accepts congratulations from University of Ottawa dean of civil law Sébastien Grammond, at her convocation. TREVOR GREENWAY/METRO IN OTTAWA

Eight years ago, Raphaëlle Ferland was living on the streets with a substance abuse problem and what seemed like no way out.

But she never gave up.

The 25-year-old woman spent Sunday at the National Arts Centre, dressed in a black cap and gown, ready to walk across the stage to pick up her law degree.

It's something that Ferland never expected to accomplish, as she struggled through a troubled upbringing that left her homeless at 16.

"If you told me 10 years ago when I was on the streets, if I would ever be in law school, I would have probably just laughed in your face," said a proud Ferland, who graduated from the University of Ottawa's law program Sunday.

"Whereas today, I'm here."

The troubles began for Ferland at a very young age and didn't seem to get any better until she decided to do something about it.

She fled her troubled home life and spent months on friend's couches and "bouncing around" before ending up on the streets.

Several years later, she made her way to law school.

Ferland wants to draw from her street experience to become a criminal defence lawyer — and a voice for those on the margins who get into trouble with the law.

Online survey. Former PM Pierre Trudeau tops list of Canadian heroes

Canadians have handed the Harper government a Top 10 list of the country's greatest heroes, featuring some of the Conservative party's greatest adversaries, past and present.

The list, compiled from online consultations in the run-up to Canada's 150th birthday in 2017, includes Pierre Trudeau, Jack Layton, and Lester B. Pearson.

About 12,000 Canadians participated in the online exercise. Only one clearly identifiable Conservative appears: Sir John A. Macdonald.

The list was topped by former Liberal PM Pierre Trudeau, followed by Terry Fox; NDP leader Tommy Douglas; former Liberal prime minister Lester Pearson; ex-astronaut Chris Hadfield; activist David Suzuki; Jack Layton; Macdonald; Wayne Gretzky; and Romeo Dallaire.

THE CANADIAN PRESS

A survey names Pierre Trudeau and Terry Fox, seen here in 1980, our top heroes. THE CANADIAN PRESS

Trust your gut and mind

HOW TO ROLL
Alison Griffiths
metronews.ca

Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make smart investment decisions. CHRISTIAN SCHNETTELKER/FLICKR

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich, in and of themselves, but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education as part of their job.

Unfortunately, too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessarily riddled with jargon and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again.

Also, request examples and visual representation of what the adviser is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion. If you don't understand how a product works or what it does to benefit your portfolio, don't buy it.

2. Trust your gut

Without fail, virtually everyone who has ever told me about a investment they regret has also confessed they felt uncomfortable or uncertain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown.

Consider that there's a stock market correction of 20 per cent once every five years, on average. Do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

If in doubt, keep your money in a higher interest savings account and bonds until you are confident of a product or strategy.

You might not make much money, but it's far better than losing it.

Genetically modified

Seeds of discontent dog plan for GMO field maps in Oregon

Oregon is looking into mapping GMO field locations across the state after the governor ordered it last fall, but the process faces many challenges.

The move was spurred by several cases of genetic contamination in the region that rendered non-engineered crops unsellable on the export market.

If the mapping goes ahead, Oregon would be the first state to mandate measures for coexistence between modified and non-modified crops.

Biotech companies and farmers who plant GMO crops say they already coexist and that mapping could lead to crop sabotage.

Organic farmers and others say a mandatory mapping system could increase transparency and help pinpoint the cause and location of genetic mixing.

THE ASSOCIATED PRESS

Thomas Land hits the U.S.

All aboard the Thomas the Tank Engine theme park

Thomas the Tank Engine, the iconic talking cartoon train that has thrilled millions of children around the world, and Edaville USA Railroad in Carver, Mass., a favourite destination of generations of southeastern New England families, are teaming up on a permanent Thomas-themed park.

Groundbreaking on the first Thomas Land in the U.S. is scheduled for next month. THE ASSOCIATED PRESS

PRELIMINARY APPROVAL NOTICE OF PROPOSED SETTLEMENT AGREEMENT WITH THE ATTORNEY GENERAL OF NOVA SCOTIA

TO: ***Former Residents of the Nova Scotia Home for Colored Children***
RE: ***Elwin et al. v. Nova Scotia Home for Colored Children et al.*** **– Hfx. No 343536**

What is this notice?
A law suit against the Province of Nova Scotia has been conditionally settled regarding allegations of abuse suffered by former residents of the Nova Scotia Home for Colored Children. If you lived at the Nova Scotia Home for Colored Children at any point between January 1, 1921 and December 31, 1989, you may be a member of the Class. Your legal rights may be affected by this settlement. The Settlement Agreement must now be approved by the court.

What are the terms of the settlement?
The Province of Nova Scotia will pay $29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?
A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?
No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?
No. Class Counsel will ask the court to approve legal fees, disbursements and taxes, payable out of the settlement fund. Any such fees have to be approved by the court as fair and reasonable.

How can I get more information?
For more information, contact Class Counsel (lawyers for the settlement Class):

Wagners
1869 Upper Water Street
Suite PH301, Pontac House
Historic Properties
Halifax, NS B3J 1S9
Office: 902-425-7330
Toll Free: 1-800-465-8794. Fax: 902-422-1233
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NPA VS. MAYOR'S GREEN SCHEMES

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Get set for a big week on the Left Coast.

I could be talking about the Harper government's decision on the Northern Gateway pipeline. But I'm not.

I'm talking about something that could have a bigger impact on our day-to-day lives — the Non-Partisan Association (NPA) candidate for mayor of Vancouver.

The pipeline may one day stretch farther than any of Mayor Gregor Robertson's bike lanes. But the mayor's bike lanes actually exist and you can bet he's just getting started. See what happens if he gets re-elected this coming November.

More bike lanes? At least. More chickens? More bees? More 50-storey condos in single-family neighbourhoods?

The only force with enough potential to derail the mayor and his green schemes is the NPA, which stands for traditional values such as ample parking.

Not all traditional values have the same weight at the NPA. Democracy, for instance. The candidate, who will be revealed some time over the next week, has been selected by a secret vote of the board of directors, not elected at a leadership convention by the membership at large.

It's the worst-kept secret in town that there are three guys up for the job: Ian Roberston, a former Park Board councillor and employee of NPA President Peter Armstrong (who owns the Rocky Mountaineer tourist train), Leonard Brody, founder of NowPublic, the citizen journalist news site, and Kirk LaPointe, the former managing editor of the Vancouver Sun.

It's ironic, is it not, that Brody and LaPointe come from the media, who value transparency and a commitment to full disclosure? Since the secret vote, Brody has pulled himself out of the race, because he's too busy or something. Why wasn't he too busy before the secret ballot?

Meanwhile, LaPointe, who is rumoured to be the one, is still in the game along with Ian Robertson, and apparently content with the whole secret selection process.

So the NPA candidate is already at a disadvantage compared to the mayor, who has survived two full exercises in democracy and is eager for a third. You may not agree with the mayor and his Happy Planet agenda, but at least you know where he's coming from. Why does LaPointe want to be the mayor? Do you think he'd like to share his ideas with the rest of us?

Or if Ian Robertson is the NPA's candidate for mayor, do we know why? Because his last name is also Robertson and he may confuse voters in the ballot box? When the process is all a big secret, who knows?

Let's remember the next mayor will have a four-year term for the first time, which means the successful candidate will have an extra year to do his or her thing.

So who would you choose? The green devil you already know — or some guy from the back room, who refuses to open his mouth until his masters give him the go-ahead?

Here's my fearless prediction: Get ready for a lot more Mayor Robertson. Gregor, that is.

ZOOM

Follow Me To ...

The "Follow Me To" series, by Russian girlfriend–boyfriend team Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend–boyfriend team Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Thanks to the viral success, Hong Kong's tourism board has hired the couple to promote some of the main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when during a trip to Barcelona, Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 15 in Scene and page 24 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

metro AR

Cat laps up punishment

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean, because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)

JOHN MOORE/GETTY IMAGES

metro

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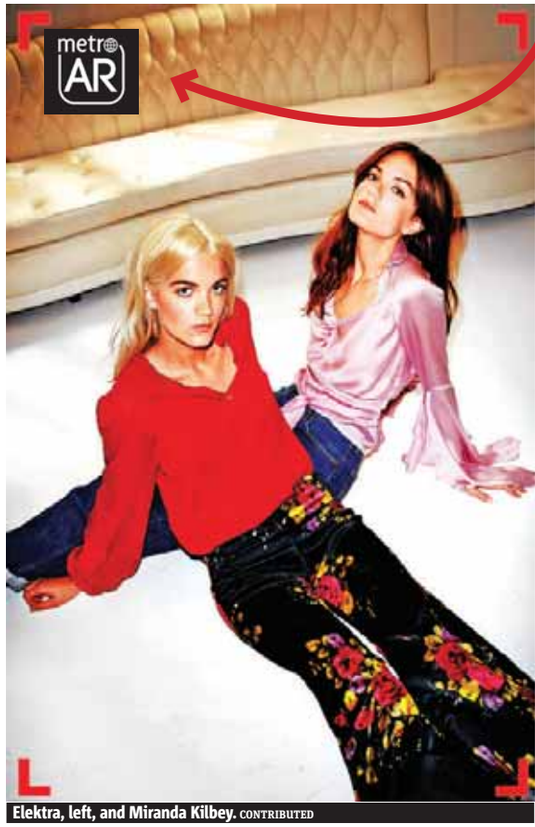
Haven't heard Everything We Touch yet? Scan the photo with your Metro News app to see the video!

Say Lou Lou: Double the sounds, double the trouble from sisters

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT
Metro World News in London



Elektra, left, and Miranda Kilbey. CONTRIBUTED

Miranda, one half of band Say Lou Lou, has recently returned from a short hospital visit after drinking a dram too much whisky at a recent U.K. festival where they supported Kelis. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled post-party session was a once-a-year blowout that they put down to the adrenalin and lack of dinner. Really, they've no reason to explain themselves: the half-Swedish and half-Australian musicians have every right to be on a high with their EP Everything We Touch dropping to the applause-like click clatter of keyboard pundits.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry since birth with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo, who trade sibling snipes faster than a rap battle on speed, come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.

It sounds like you had a good night at the Great Escape festival.
Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?
Miranda: Ugh, yeah, I fell over and hit my head after the party and that was my own fault. It was Jameson's fault.

Jameson... the whiskey?
Miranda: Yeah [laughs].

Your night sounds very rock 'n' roll.
Miranda: Everyone says that, but you're like no, but yeah, but no, but…

Is it just a bit grubby?
Miranda: Yeah [laughs].

It seems like you've spent most of your lives on tour. Where do you call home?
Elektra: Honestly, we've been in London the most. We had two flats but we don't now because we have so many festivals this summer and it's going to be like in and out with two days here and one day there. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: Yes. It's ridic. We're constantly on tour. It's weird, I feel like we didn't wash our clothes for two weeks. We were walking around with dirty socks; I feel now that I need someone to look after me a bit.

Were you feeling a bit homeless swigging Jameson with dirty socks?
Miranda: Yes

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless because all our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?
Miranda: I'm a very strong four-minutes-older, but Elektra is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy, Elektra.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Miranda: If people make mistakes like I did last week, she makes you feel bad about it.

Elektra: This isn't Dr. Phil-style therapy, Miranda.

Miranda: This is Dr. Rich.

This is quite a strange dynamic. So who's the evil twin?
Miranda: Elektra.

Elektra: I'm not an evil person. If you have to make one evil and one good, then I guess I'll be the evil one if that means being great, determined and strong-willed.

Do you have a twin form of non-verbal communication?
Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads. Unfortunately, Miranda, we can't see each other, so we can't tell each other how annoying Rich is, but I guess we'll do it later.

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May The Force be with Harrison Ford

Harrison Ford

Harrison Ford's injuries on the set of the new Star Wars movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it. "We were told he had some pelvic injuries and may have had a chest X-ray," says a source. Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon fell on him.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Have they found love in a hopeless place?

STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.

Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Henceforth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyneth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.

Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."

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metro

It takes guts to stop being a duck stuck in a financial rut

Changing bad habits. If you want to build a financial safety net, you must start by opening a savings account

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about $12 an hour, a $15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do something differently so you have a different outcome, you must start somewhere. You cannot save $10,000 until you save $1,000. You cannot save $1,000 until you save $100. You cannot save $100 until you save $10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? With some hard work and the determination to make a plan and see it through. But only those folks with a stomach for facing reality will succeed.

If you've been feeling out of control — even desperate — rest assured, you are not alone. Now you have to decide if you have the guts to change. Decide that today is the day you'll do something different. It can be small. No one is asking you to move a mountain ... well, not in one push. Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

You can put inertia to work for you. Or you can just remain one duck stuck in the muck. You decide.

Same-sex. Couple launch website to help gay dads

When Brian Rosenberg and Ferd van Gameren first brought their adopted son home, the couple headed online to find other gay dads who could share similarities to their new experience — only to come up empty.

Recently, the couple launched their website Gays With Kids — an online community for fellow gay dads.

As Toronto prepares to play host to World Pride festivities later this month, Gays With Kids co-founder Jonah Arnold said they've been thinking of families visiting the city and highlighting activities that would be of interest — both connected to and outside of the event. THE CANADIAN PRESS

Psychology of food

Study sheds light on food cravings

According to recent research published in the journal Psychological Science, that last bite of food is a pure taste sensation that will instill a lasting memory of the food in question and determine when you'll crave it again.
THE ASSOCIATED PRESS

Study. Researchers say white bread beneficial

The whole-grain craze kicked white bread into the ranks of junk food, but new research says to eat up and savour every pillowy bite due to the beneficial gut bacteria it promotes.

In a pilot study, a Spanish research team from the University of Oviedo in Spain concluded that the defamed staple encourages the growth of bacteria that actually protect against disease rather than cause it.

The team worked with 38 healthy adults and asked them about their diets.

White bread provides hemicellulose and resistant starch, which encourages the spread of lactobacillus. The health benefits associated with lactobacillus include fever symptom reduction to protecting against salmonella. THE ASSOCIATED PRESS

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow

I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than $46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. – *Lesley-Anne Scorgie/for Metro*

Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK

Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RSP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to $7,200 through the Canadian Education Savings Grant and $2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to $50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute $25 per month to the RESP and have reduced their aggressive debt repayment plans to $200 from $800 per month.

Peter is working diligently to secure freelance contracts valued at $18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their investment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved $19,700 since January.

Homework:
Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived May 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Rent or own: Rent
- Top goals for 2014: pay off debt, start an RESP, and start saving a down payment.
- Current net worth: $85,700
- Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for babysitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately $500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra $100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately $50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately $550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or $2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construction safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved $26,400 since January.

Homework:
Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters aged five, three and one
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,300
- Homework from last month: Move into their new home without busting their budget.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

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LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Accomplishing one goal can be a key to unlocking greater potential. ISTOCK

Closure is never as simple as it appears from the outside looking in. Within hours of crossing the finish line of my first multi-day ultra-marathon and reaching the end of an emotionally charged six-month project, I experienced a feeling of emptiness. Just like that, it was over.

Twenty-four hours later, on the plane bound for home, I reflected on my experience in the Gobi. I had felt more alive than ever before, despite being completely exhausted. My rational brain called out for me to put my feet up and resume life as it had been before, while the emotional side was drawn by a gravitational pull toward what could or should be next — a common sensation for anyone completing a long journey.

By the time I landed, my bucket list had grown by 100 new items, each one an event with the potential of yielding another once-in-a-lifetime experience. My intent was simple: Each year, I would purposefully knock two or three of them off the list. At the age of 45, my own finish line had suddenly come into focus, along the fact that I was closer to the end of my own "race" than the beginning. This realization was a tipping point, triggering the urge to live without regret and stop delaying nourishing pursuits.

Upon my return, I queried my family about their own dreams and ambitions so we could merge our lists. I broke down the "buckets" by category: things to see, things to accomplish, things to do, and things to learn. I then attached a "by when" date, a specific deadline so the item would find a place in my calendar. Finally, I wrote out who I would do each one with: family, spouse, kids, business partners, friends, strangers, or solo.

Sometimes, coming out of a difficult journey offers an unexpected gift: the presence of mind to finally think about everything else that is possible before it is too late.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

The unexpected majors of celebs

Before these stars were red-carpet regulars, they were ordinary post-secondary students who declared their majors and took prerequisite classes just like everyone else. Find out which celebrity shared your major below.

METRO WORLD NEWS IN NYC

Kourtney Kardashian

The only one of the Kardashian sisters to earn a university degree, the reality star graduated from the University of Arizona with a bachelor in theatre arts and a minor in Spanish.

Ashton Kutcher

Before he rose to fame playing the dumber-than-a-box-of-rocks Kelso on That '70s Show, the sitcom star and producer was planning to study biochemical engineering at the University of Iowa.

Carrie Underwood

A year after winning American Idol, Underwood graduated magna cum laude from Oklahoma's Northeastern State University with a bachelor's degree in mass communication with an emphasis in journalism in 2006.

Jon Hamm

Decades before his character Don Draper enthralled fans, Hamm was an English major at the University of Missouri, even briefly teaching middle school after graduation.

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Tofu and Veggie Satays with Black Bean Hoisin Sauce make it a meatless Monday

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these tofu satays.

Tofu is a form of soybeans that is made by curdling soy milk and then being pressed into a sliceable cake. There are a few choices when it comes to tofu. Your best bet is to buy firm tofu because medium tofu is too soft and the extra firm too tough.

Once opened, cover unused tofu with water in a container and refrigerate for up to three days.

A four-ounce (half a cup) serving of firm tofu contains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known the lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

When grilling, be sure to cook on a medium heat so you don't char the tofu or vegetables which can cause carcinogens.

Feel free to substitute the vegetables of your choice and adding a fruit such as mango, papaya or peach would be delicious.

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes in water before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a nonstick grill pan with cooking oil and heat to medium.

4. Grill the Tofu and Veggie Satays with Black Bean Hoisin Sauce, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables are soft. Garnish with cilantro and serve with the remaining sauce on the side.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)

Sauce

- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

Nutritional information

Per serving	
• **Calories.** 240	• **Total fat.** 7 g
• **Carbohydrates.** 38.7	• **Saturated fat.** 1 g
• **Fibre.** 5.3 g	• **Cholesterol.** 0.5 mg
• **Protein.** 9.9 g	• **Sodium.** 501 mg

Stuffing the 'steak for vegetarians'

If you're looking for the perfect side dish or main vegetarian meal, portobello mushrooms come to the rescue. These hearty mushrooms are known as "steak" for the vegetarian. Stuffed with a delicious combination of spinach, goat cheese and baby spinach, this recipe is a satisfying meal.

Ingredients

- 1 egg
- 2 tbsp 2% milk
- 4 medium portobello mushrooms (stems removed)
- 1/2 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 cup finely chopped onions
- 2 tsp chopped garlic
- 1/2 cup finely chopped mushroom stems
- 1/2 cup finely diced red bell pepper
- 3 cups fresh baby spinach
- 1/4 cup grated Parmesan cheese
- 2 tsp olive oil
- 3 tbsp chopped black olives
- 1/3 cup crumbled goat cheese

1. Spray a baking dish with vegetable oil.

2. Combine egg and milk. Dip portobellos in egg wash and then in the bread crumbs. Spray mushrooms with oil.

3. Place in 400 F (200 C) oven for 15 minutes. Remove from and set the oven to broil.

4. Meanwhile, in skillet, heat oil and sauté onions until softened. Add garlic and chopped mushroom stems and cook 5 minutes until tender. Add peppers and spinach and cook until wilted, 2 minutes. Add Parmesan, olive oil and olives. Divide over top of mushroom caps and dot with cheese. Broil 1 minute, just until goat cheese is browned.

ROSE REISMAN

This recipe serves two. ROSE REISMAN

NHL

Canucks GM continues search for new coach

It's been nothing but travel and meetings for Jim Benning, who is less than a full month into his job as Vancouver Canucks general manager.

Benning was on Team 1040 radio Friday, speaking about a number of tasks facing him, including more coaching interviews this week. He confirmed that Portland Winterhawks bench boss Mike Johnston, previously an assistant in Vancouver, interviewed for the job, which was left vacant by the firing of John Tortorella.

Speculation is Willie Desjardins, head coach of the Texas Stars who are currently in the Calder Cup final in the AHL, and John Stevens, a recent Stanley Cup champion as an assistant with the L.A. Kings, could still be interviewed in the coming days.

Benning said six to eight coaching candidates will be interviewed when this process completes itself.

Benning also didn't rule out the possibility of his team moving up the order in the first round in the NHL Draft later this month in Philadelphia.

The Canucks have the sixth overall pick in the draft.

"I'm in constant communication with all the teams that are picking ahead of us," said Benning.

"We'll find out what they want and if it makes sense to us to try to trade up, we'll look into something like that."

CAM TUCKER/METRO

UFC takes it on the chin in Vancouver

Rory MacDonald, top, defeated Tyron Woodley in a welterweight fight at Rogers Arena on Saturday. JENNIFER GAUTHIER/METRO

MMA. Another decline in attendance numbers for PPV at Rogers Arena

CAM TUCKER
cam.tucker@metronews.ca

It was another crucial fight in Rory MacDonald's young career, but not even the star-in-the-making B.C. boy could save attendance numbers from hitting another low for a UFC pay-per-view event in Vancouver.

Saturday marked the UFC's third-ever stop at Rogers Arena, and there has been a substantial decline in the number of fans attending these events since the mixed martial arts circuit made its debut here four years ago. Tom Wright, director of UFC operations in Canada, announced the crowd for UFC 174 at 13,506, and a $1.14-million gate.

In 2010, for UFC 115, there was an announced crowd of 16,915 and a $4.2-million gate, according to an email from the UFC in January. The following year, for UFC 131, which featured a decidedly weaker card, only 14,685 fans attended, with a $2.8-million gate.

The delay in the UFC's return to Vancouver was primarily because for political reasons.

The formation of the BC Athletic Commissioner, passed through the provincial legislature in May of 2013, was pivotal in bringing back the UFC.

Saturday's card featured not only MacDonald in a welterweight fight with Tyron Woodley — with the potential for a title shot down the road — but Demetrious Johnson defending his flyweight title, and heavyweight Andrei Arlovski fighting for the first time in the UFC since 2008.

This lineup was again criticized, particularly by some on social media, as being sub-par.

MacDonald dominated his fight with Woodley, earning a unanimous decision. The crowd grew louder and louder, from the moment MacDonald began walking out to the Octagon to the end of his perfect performance.

Yet people began heading for the exits before the main event — Johnson versus Ali Bagautinov — even began.

"We're always happy to come to Vancouver," said Wright.

"I think it's way too early to say we'll make this annual stop. There's a laundry list of cities across this country that want the UFC ... but we'll be back here, absolutely."

Would it even be worth it any more? Or is correcting the local decline in attendance simply a matter of a better card?

Flyweights get top billing

Demetrious (Mighty Mouse) Johnson defeated Ali (Puncher) Bagautinov by unanimous decision in the main event of UFC 174 on Saturday night to retain his flyweight title.

- The bout marked the first time the flyweight division has headlined a UFC pay-per view card.

4 SPORTS

Spurs' Big 3 unseat Heat, deny 3-peat

NBA Finals. San Antonio wins its fifth title after wrapping up series in five games

From their low moment in the NBA Finals, the San Antonio Spurs are back to the top of the league.

The Spurs turned the rematch with the Miami Heat into no match at all.

The Spurs finished off a dominant run to their fifth NBA championship Sunday night, ending the Heat's two-year title reign with a 104-87 victory that wrapped up the series in five games.

A year after their heartbreaking seven-game defeat, their only loss in six finals appearances, the Spurs won four routs to deny Miami's quest for a third straight championship.

"Hard to believe, isn't it?" Manu Ginobili said. "We played at a really high level."

Kawhi Leonard of the Spurs celebrates after being named the MVP of the NBA Finals. GETTY IMAGES

Finals MVP Kawhi Leonard had 22 points and 10 rebounds for the Spurs, who added this title to the ones they won in 1999, 2003, 2005 and 2007. They nearly had another last year, but couldn't hold off the Heat and lost the final two games.

San Antonio rebounded from an early 16-point deficit by outscoring the Heat 37-13 from the start of the second quarter to midway in the third, kicking off the celebration the Heat cancelled last season.

"We remember what happened last year and how it felt in that locker-room and we used it and built on it and got back here and it's amazing," Tim Duncan said. "It makes last year OK."

LeBron James had 17 first-quarter points to help the Heat get off to a fast start. But it wasn't enough. He finished with 31 points and 10 rebounds for the Heat.

THE ASSOCIATED PRESS

Game 5

Spurs	Heat
104	87

World Cup

Argentina's Messi rescues team after slow first half

It took Lionel Messi just over an hour in Argentina's World Cup opener against Bosnia-Herzegovina to show why so many fans consider him the best in the world.

After a frustrating first half, the Argentina captain scored in trademark style in the 65th minute on Sunday night, completing a quick 1-2 connection with Gonzalo Higuain and running through defenders before striking a brilliant left-footed shot off the post.

The goal — only the second for Messi on football's biggest stage — set off wild celebrations among the throngs of Argentine fans that had turned the famed Maracana stadium into a sea of blue and white. It also energized an unimpressive Argentina team that was ahead at that point only because of an early own goal by Bosnia.

"It's the first game. I was anxious, nervous," Messi said. THE ASSOCIATED PRESS

CFL

Lions chew away at training roster as season nears

The B.C. Lions announced a number of cuts to their training camp roster on Sunday, two days after defeating the Edmonton Eskimos in their first preseason game.

The Lions released wide receiver Jabin Sambrano, defensive end Chris Wilson, defensive tackle Jarrell Root, and defensive backs Jemarlous Moten and Cam Chism.

Wilson helped the Lions to a Grey Cup in 2006, before trying his hand in the NFL. He returned to sign with B.C. late last season.

Chism, an import defensive back who was in the running for a starter's job this year when training camp opened, signed with the Lions last August, finishing the 2013 season with eight tackles.

The Lions continue camp up in Kamloops, before hosting the Calgary Stampeders on Friday at BC Place Stadium. METRO

Baseball

Canadians earn third straight win vs. Volcanoes

The Vancouver Canadians, in the quest for their fourth consecutive Northwest League championship, have started the 2014 regular season with three straight wins.

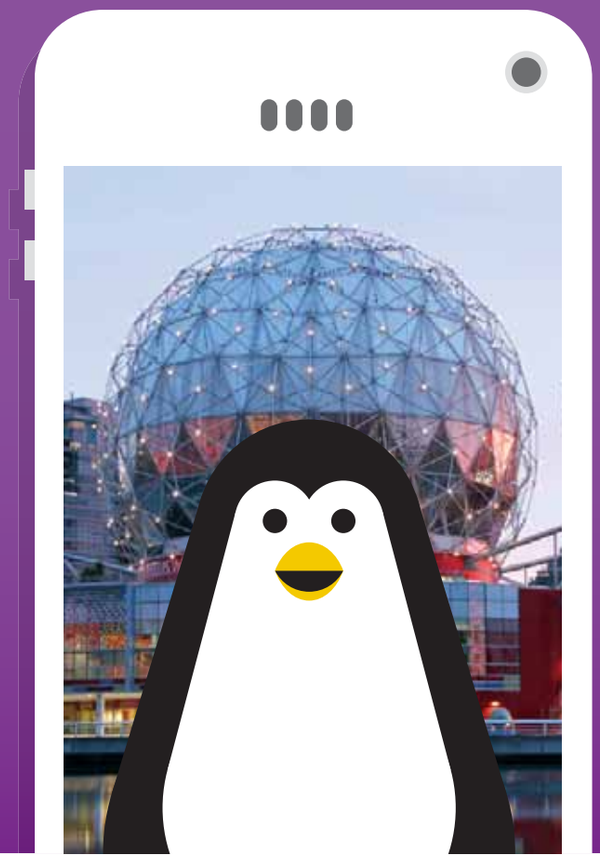
The Canadians, short-season Single-A affiliate of the Toronto Blue Jays, defeated the Salem-Keizer Volcanoes 6-1 on Sunday. That follows an 11-2 victory over Salem-Keizer to begin the season on Friday, and a 3-1 win on Saturday.

Vancouver left-fielder Jonathan Davis had three hits, while Franklin Barreto and David Harris each had two runs batted in.

The Canadians also got outstanding pitching, with Tim Mayza getting credited with the win. Vancouver allowed just five hits.

The Canadians have two more games against the Volcanoes, with the series wrapping up Tuesday.

METRO



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Horoscopes

♈ Aries
March 21 - April 20
The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

♉ Taurus
April 21 - May 21
Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

♊ Gemini
May 22 - June 21
The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

♋ Cancer
June 22 - July 23
Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

♌ Leo
July 24 - Aug. 23
Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

♍ Virgo
Aug. 24 - Sept. 23
When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

♎ Libra
Sept. 24 - Oct. 23
Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

♏ Scorpio
Oct. 24 - Nov. 22
Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

♑ Capricorn
Dec. 22 - Jan. 20
You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

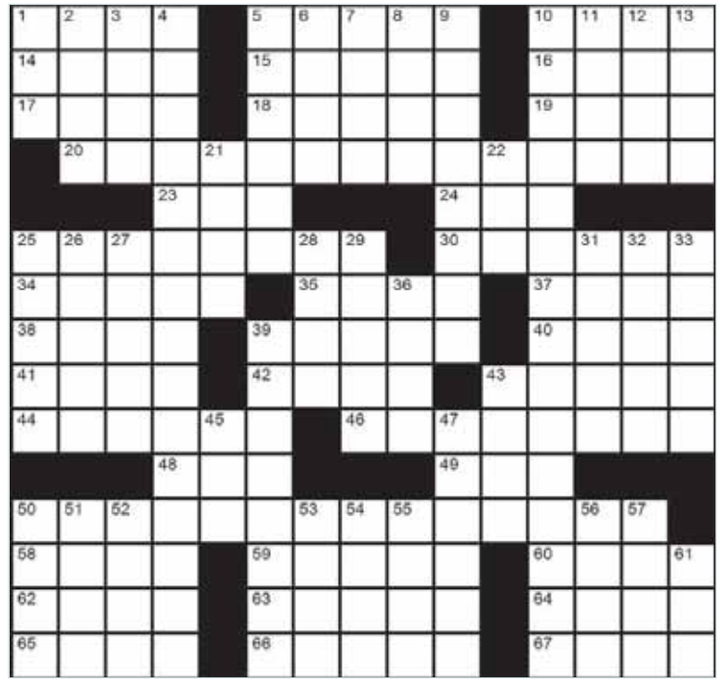
♒ Aquarius
Jan. 21 - Feb. 19
When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

♓ Pisces
Feb. 20 - March 20
You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

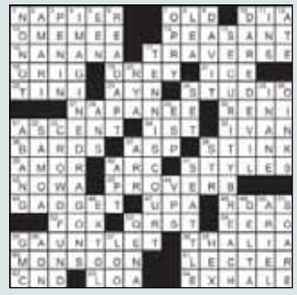
BY KELLY ANN BUCHANAN



Across
1. Iridescent gem
5. Linguist Mr. Chomsky's
10. Was there
14. Orchestra standout
15. Take apart the Hoover, say
16. Antarctica's Prince __ Coast
17. "Star __"
18. Hence...: 2 wds.
19. Road style
20. 'Vancouver's First Lady of Jazz' - Trailblazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
23. Canadian engineering group, _ _ _-Lavalin
24. Funny! __-hee!
25. Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The __
30. Greek Myth: Queen of Troy
34. British novelist Ms. Bagnold's
35. Prefix to 'ferous' (Conveying air)
37. Therefore
38. Postpaid mailing encl.
39. Novelist/poet Elinor (b.1885 - d.1928)
40. "That's fine then.": 2 wds.
41. Fast food titan Ray
42. No: German
43. Trim
44. __ lights (Movie premiere sights)
46. "Definition", for one: 2 wds.
48. Tit-for-__
49. Pasta names suffix
50. Serena Ryder hit: 4 wds.
58. __-hoop
59. Like a TV series airing this very minute: 2 wds.
60. Sea eagles, variantly
62. Awestruck
63. Queen: Spanish
64. Particle
65. Carry
66. Ms. Sagal
67. Detect

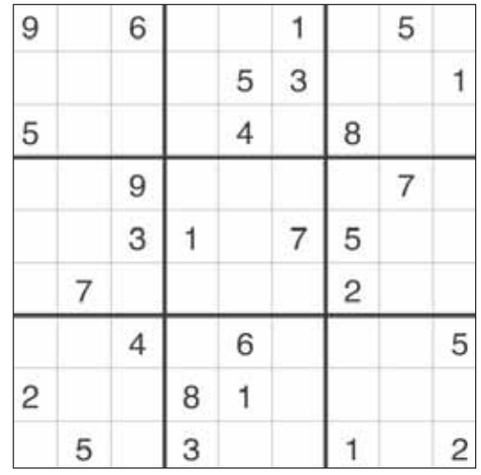
Down
1. Baseball great Mel
2. Genuine
3. Brother of Cain
4. Summery retreat as in The Muskokas in Ontario: 2 wds.
5. Fine difference
6. "Step __ __ pets." (Furry friends palindrome)
7. Env. info
8. Fem. opposite
9. Made-in-a-blender beverage
10. Some antique store purchases: 2 wds.
11. Half of a Basque court game
12. Music: Manfred ___
13. Garden of Eden lady, and namesakes
21. Ms. Jillian's
22. Jeans brand
25. Office furniture pieces
26. "__ __ economy is always beauty." - Henry James
27. Tennis player's topper
28. Showbiz performer Martha
29. Bud __, MLB Commissioner
31. "Yup."
32. Good, in Genoa
33. Lopsided
36. Actress Ms. Morelli
39. "Come Dine with Me Canada" airer, _ __
43. Actor Sean
45. Actress Ms. Ling
47. Fairgrounds section
50. "Come again??"
51. Men's label, __ Boss
52. Commonly: 2 wds.
53. Vitamins brand, __ _ Day
54. Building block
55. Sole
56. Fall
57. Catch __ ('Get')
61. Prepared

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

7	8	1	3	9	4	6	5	2
4	9	3	5	2	6	1	8	7
2	6	5	8	1	7	9	4	3
9	7	4	6	8	2	5	3	1
3	1	6	7	4	5	2	9	8
5	2	8	1	3	9	7	6	4
8	4	7	9	5	1	3	2	6
1	5	2	4	6	3	8	7	9
6	3	9	2	7	8	4	1	5

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